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# Oura Ring 5 Launched with Compact Design and Blood Pressure Monitoring

## Description

Oura has released the Oura Ring 5. It is a smaller smart ring that can monitor health. It can check blood pressure trends, breathing at night, and help track some medications.

The new ring is 40% smaller than the older version. It is now 6.09mm wide and 2.29mm thick. Oura redesigned the ring to make it slimmer. Even with the smaller size, the battery lasts about one week on a charge.

The ring now has better sensors. It uses new designs for skin contact and brightness. This helps it give more accurate readings for different fingers and skin types.

The ring includes a new feature called "Health Radar." This helps users find early signs of illness. It can monitor blood pressure and breathing during sleep.

Users in the U.S. can now add health records to the app. They can upload details about their health conditions and medications. The ring costs \$399 in Silver and Black, and \$499 in other colours. Pre-orders started today, with shipping on June 4.

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## Vocabulary List:

1. **monitor** //ˈmɒnɪtə// (verb): watch something over time to see changes
2. **trends** //trɛndz// (noun): general directions of change over time
3. **redesigned** //,ri:diˈzaɪnd// (verb): made a new or different design
4. **sensors** //ˈsɛnsəz// (noun): devices that detect or measure things
5. **accurate** //ˈækjərət// (adjective): correct and not having important mistakes
6. **medications** //,mɛdɪˈkeɪʃənz// (noun): drugs people take for health problems

## Comprehension Questions

### Multiple Choice

1. What is the name of the latest version of the Oura Ring?



- Option: Oura Ring 4
- Option: Oura Ring 5
- Option: Oura Ring Pro
- Option: Oura Ring Mini

2. How much smaller is the Oura Ring 5 compared to the older version?

- Option: 30%
- Option: 40%
- Option: 20%
- Option: 50%

3. What feature does the Oura Ring 5 include to help users find early signs of illness?

- Option: Health Alert
- Option: Health Monitor
- Option: Health Radar
- Option: Health Tracker

4. What is the thickness of the Oura Ring 5?

- Option: 2.09mm
- Option: 2.29mm
- Option: 2.39mm
- Option: 2.49mm

5. What is the price of the Oura Ring 5 in Silver and Black?

- Option: \$299
- Option: \$399
- Option: \$499
- Option: \$599

6. When did pre-orders for the Oura Ring 5 start?

- Option: Today
- Option: Yesterday
- Option: Last Week
- Option: Next Month

### True-False

7. The Oura Ring 5 can monitor health conditions and medications.



8. The Oura Ring 5 is larger than its predecessor.
9. The Oura Ring 5 costs \$499 in all colors.
10. Users in the U.S. can add health records to the Oura app.
11. The battery life of the Oura Ring 5 lasts about two weeks.
12. The Oura Ring 5 has improved sensors for accurate readings.

### Gap-Fill

13. The Oura Ring 5 is designed to be \_\_\_\_\_ smaller than the previous version.
14. The new feature called 'Health Radar' helps monitor blood pressure and \_\_\_\_\_ during sleep.
15. The Oura Ring 5 is \_\_\_\_\_ mm wide.
16. The Oura Ring 5 can last about one week on a \_\_\_\_\_.
17. Pre-orders for the Oura Ring 5 started today, with shipping on \_\_\_\_\_ 4.
18. Users can upload details about their health and \_\_\_\_\_.

### Answer

**Multiple Choice:** 1. Oura Ring 5 2. 40% 3. Health Radar 4. 2.29mm 5. \$399 6. Today

**True-False:** 7. True 8. False 9. False 10. True 11. False 12. True

**Gap-Fill:** 13. 40% 14. breathing 15. 6.09 16. charge 17. June 18. medications

### CATEGORY

1. Sci/Tech - LEVEL1

### POST TAG

1. Blood Pressure Tracking
2. ESL learning
3. esl news
4. Level 1



5. Oura Ring
6. Smaller Design

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**Date Created**

2026/05/29

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